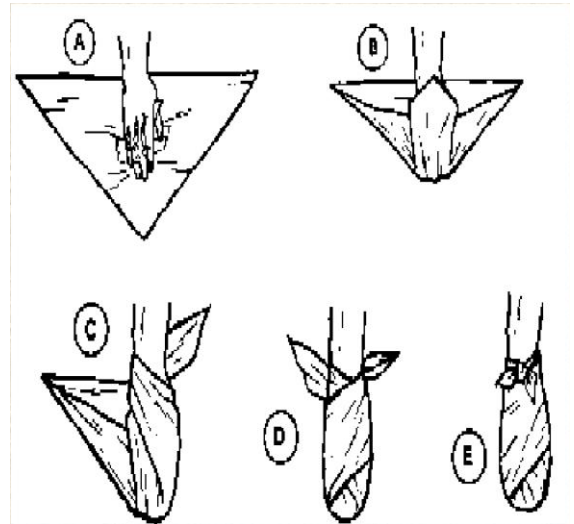


FIRST AID 8 - BANDAGES 2

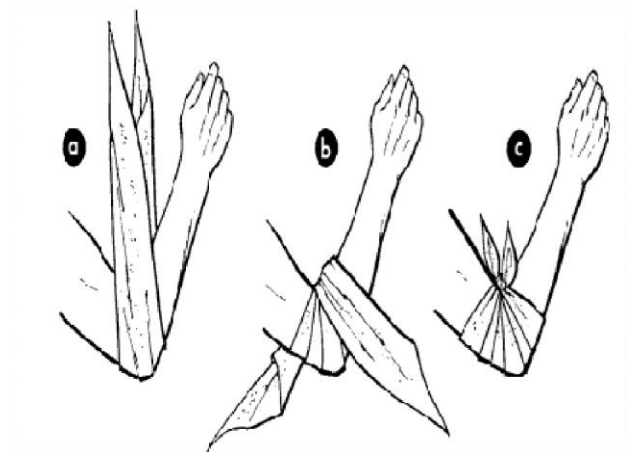
HAND BANDAGE:

- Place the hand in the middle of the triangular bandage with the wrist at the base of the
- Place the apex over the fingers and tuck any excess material into the pleats on each side of the hand
- Cross the ends on top of the hand, take them around the wrist, and tie them with a square knot.

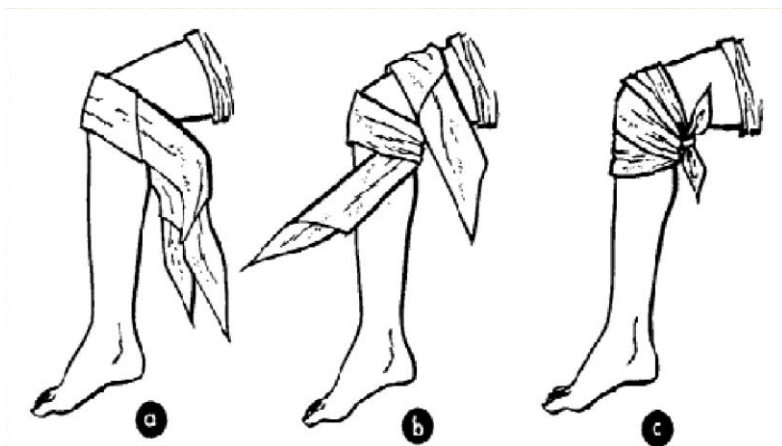


ELBOW BANDAGE:

- Bend arm at elbow and place centre of cravat at point of elbow
- Bring ends up and across each other in overlapping spiral turns. Continue one end up arm and the other end down forearm.
- Bring ends to front of elbow and tie.



KNEE BANDAGE:



- Start on top of the knees.
- Cross over and twist 2-3 times under the knee.
- Cross over on top/pull ends to opposite sides.
- Secure with a square knot under the knee